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WINTER READY

OCCUPY PROTESTERS TO KEEP THEIR CAMP WARM

{page 4}

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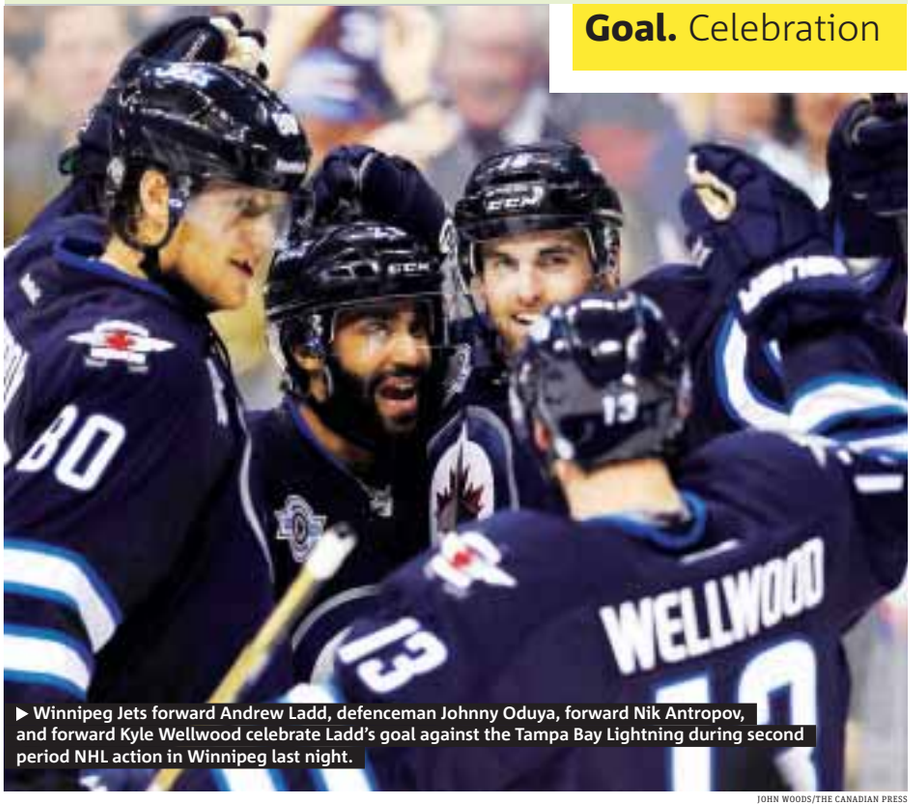
Goal. Celebration



▶ Winnipeg Jets forward Andrew Ladd, defenceman Johnny Oduya, forward Nik Antropov, and forward Kyle Wellwood celebrate Ladd's goal against the Tampa Bay Lightning during second period NHL action in Winnipeg last night.

JOHN WOODS/THE CANADIAN PRESS

Jets zoom past Lightning with 5-2 win

Dustin Byfuglien had a goal and an assist as the Jets beat the visiting Tampa Bay Lightning 5-2 last night at the MTS Centre. Evander Kane, Mark Flood, Andrew Ladd and Tim Stapleton also scored for Winnipeg. For a story on tonight's Jets Skills Competition where players go head-to-head with each other, see page 3.

Teen shot after friend flaunts rifle

◗ 14-year-old suspect turns himself in after fleeing scene ◗ Search for weapon still on

CRYSTAL LADERAS
WINNIPEG@METRONEWS.CA

A 14-year-old boy is facing eight weapons-related charges after his friend was shot when a gun accidentally went off.

Police said yesterday the show-and-tell went wrong when the suspect pointed a rifle at the 14-year-old victim, mishandled the firearm and the victim was shot in the "upper body."

"This firearm was being handled in an incredibly unsafe manner," said Const. Jason Michalyshen. "(It was) being handled (by) or in possession of an individual that should not be in possession of a weapon."

Police and paramedics were called to an apartment on the 400 block of Balmoral Street at about 4:30 p.m. yesterday. The victim was brought to hospital in stable condition.

"We have not recovered the firearm ... it does appear to be a firearm that has been modified in some way."
CONST. JASON MICHALYSHEN

Police say the suspect was showing off the rifle to a group of teens and may not have intended to shoot anyone. The suspect fled the apartment suite but turned himself in at about 9:35 that night.

Const. Michalyshen said police are still searching for the weapon.

Several teens gathered in the apartment suite are known to police for either drug-related charges or ties to gangs.

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Police introduce new number for non-911s

Starting tomorrow, people can dial the Winnipeg police's new number for all non-emergency calls.

Police say the Interactive Voice Response will help with the flood of calls to 911 that aren't urgent. Operators get 20,000 non-emergency calls a month on 911.

The police expect that about 4,000 will be diverted to the new number. People can call 986-6222 and the system will connect callers to the appropriate division, unit or other agency. CRYSTAL LADERAS

ASHLEY GABOURY/FOR METRO

▶ Sarah Lourenco

Promotion also helping your teeth

Following Halloween, a Winnipeg dental clinic is offering $1 for every pound of candy brought in.

Sarah Lourenco, dental administrator at Reflections Dental Centre, said more than 100 pounds of candy has been collected so far. All goodies will be donated to Winnipeg Harvest. ASHLEY GABOURY

ASHLEY GABOURY/FOR METRO

▶ RCMP Sgt. Line Karpish urges drivers yesterday to avoid drinking and driving this holiday season. Police say 100 people have died in highway crashes so far in 2011.

2011 a deadly year for Manitoba drivers

▶ RCMP say 100 people have died on highways this year ▶ One-third have involved impairment ▶ Crashes with multiple victims driving up numbers

ASHLEY GABOURY
WINNIPEG@METRONEWS.CA

Manitoba could top the highest number of deaths resulting from highway crashes since 2006.

To date, there have been 100 fatalities resulting from highway collisions in Manitoba. In 2006, the province saw 102 fatalities.

"What's concerning is that we still have half of November and December to go through," said RCMP Sgt. Line Karpish.

She said it is especially concerning with the holiday season just around the corner, which often involves events where alcohol is served.

"Around Christmas we always have more socials and more activities, so that's always a concern," said Karpish.

"We do beg the public to please make those arrangements beforehand before you to go these social events."

The difference between collision numbers this year and 2006, said Karpish, is an increased number of multiple-victim crashes.

In 2006, it took 100 collisions to kill 102 fatalities. This year, 100 have died in only 86 crashes.

Karpish said speed remains the major contributing factor to fatal crashes on highways.

She added that one-third of fatal collisions year-to-year involve alcohol or drugs.

"That is not only a provincial trend but a national trend as well."

Fatal collisions

- Following a Nov. 12 collision outside of Carman, a 16-year-old has been formally charged with impaired driving causing death. The teen will make a court appearance Jan. 4, 2012.
- There will be no charges laid in a Nov. 11 collision in Steinbach involving a gravel truck that was hit by a car with two elderly women inside. Both women travelling in the car died.

Jets vs. Jets in skills match

Fans unable to nab season tickets can watch the home players tonight at the Winnipeg Jets Skills Competition, which is expected to become a yearly event.

"The players are going through a series of individual competitions, highlighting their skills, like fastest skater, hardest shot and puck-control relay," said True North spokesperson Scott Brown. "It's been done for years at the NHL all-star level and it's something individual teams have started doing."

The Jets are facing off against each other, with Evander Kane, Zach Bogosian and Bryan Little leading Team White, and Andrew Ladd, Dustin Byfuglien and Alexander Burmistrov starting for Team Blue.

The remaining players are split between both teams. CRYSTAL LADERAS

Head-to-head

- Jets players go head to head against each other at the MTS Centre at 7 p.m. tonight. Tickets are on sale for $12.50 and $17.50.

News in brief

Teens arrested after vehicle break-ins

Police are asking people in the Wolseley area to report any thefts from their cars. At about 5:25 a.m. yesterday, police arrested three teenage boys, aged 18, 15 and 14, in the area and later charged them with theft under $5,000. CRYSTAL LADERAS

Drugs found after crash

Police arrested a 21-year-old man and an 18-year-old girl after finding marijuana and other drug paraphernalia in a car involved in a head-on crash. CRYSTAL LADERAS

1 news

In a bid to improve care of trauma patients, real-world surgeons will attempt to co-opt the sci-fi principle of suspended animation. Scan the code.

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On the web at metronews.ca

Canada's new $100 note is a major technological and esthetic departure. Watch a video of the bill's unveiling at metronews.ca/video

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FUNDING

Transition centre gets help from feds

The Native Women's Transition Centre announced yesterday it's using federal funding to improve services to victims of domestic violence. It received $45,245 to help staff offer a series of domestic violence learning sessions to front-line workers.

"Aboriginal women in Winnipeg who are seeking help from domestic violence and who want to heal from the effects of family violence through cultural teachings will benefit greatly from increased capacities of front-line workers," said Lucille Bruce, executive director of NWTC.

Funding will also help the centre offer sharing circles to Aboriginal women.

Minister James Moore of Canadian Heritage and Official Languages said these projects, "address the issue of family and related violence in a culturally relevant way."

CRYSTAL LADERAS

Kitten. Cuddle

▶ D'Arcy Johnston, founder of D'Arcy's Arc, cuddles one of the animal shelter's kittens.

ASHLEY GABOURY/FOR METRO

Shelter's celebrity connection

This weekend, Western Canada's largest no-kill shelter celebrates its 10 years, 10,000 animals event. The Winnipeg animal shelter made headlines last month when Justin Bieber and Selena Gomez visited and adopted a husky-mix pup named Baylor.

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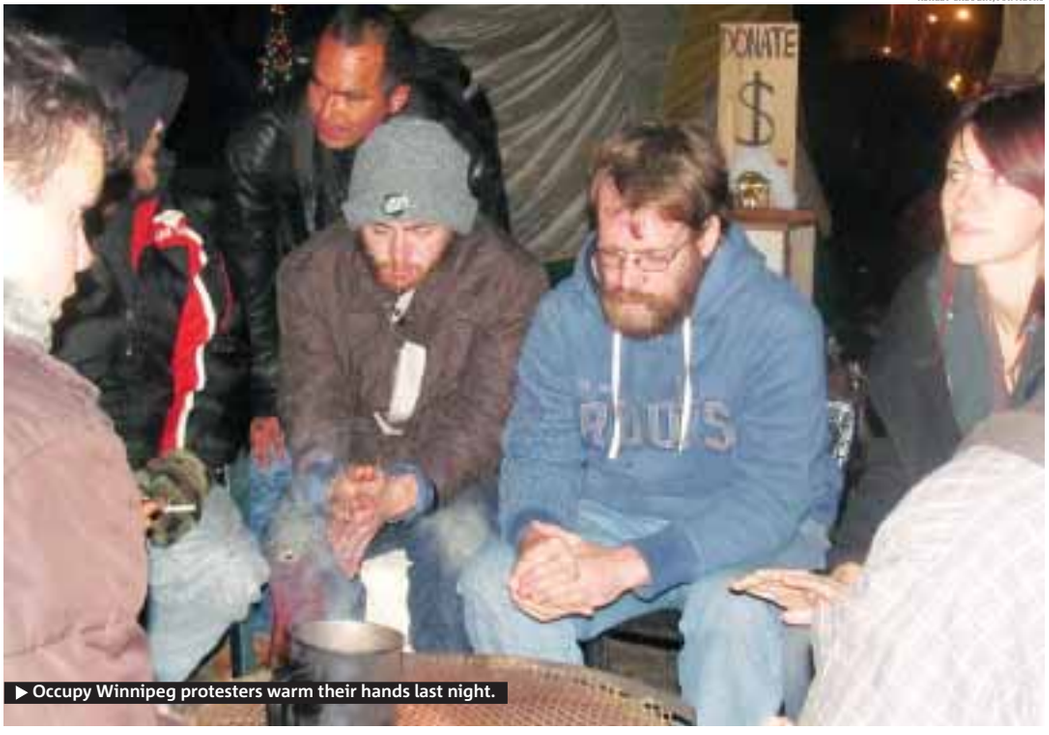
Occupy protesters prepare for winter

- There are about 50 to 60 Occupy Winnipeg protesters camped out
- Not all of them sleep at Memorial Park every night

ASHLEY GABOURY/FOR METRO



▶ Occupy Winnipeg protesters warm their hands last night.

ASHLEY GABOURY
WINNIPEG@METRONEWS.CA

As the temperature drops, Occupy Winnipeg protesters are working on winterizing their tents by raising them up on pallets.

Kris Taps, who joined the movement two weeks ago, said protesters expect to soon start losing about 20 per cent of their numbers.

"But (so far) we've been gaining people. Just yesterday and today we've gained two to three people," Taps said last night. "I intend to be here straight through."

He'll have to find a washroom.

Yesterday morning, about 30 protesters entered the Manitoba Legislative Building to protest the province's decision to bar them from washrooms inside.

"It's not even about us needing or wanting to go inside to use the washrooms. It's more about the point of it and the discrimination," said Taps.

About eight made it inside past security, sang O Canada under the rotunda, and left.

Kristi Loeb has been with the Occupy Winnipeg movement since it pitched tents at Memorial Park on Oct. 15.

She said she doesn't expect the province to shut down their protest.

"If there are legitimate safety issues they may start to pull us out," she said. "At the moment, we are very lucky in terms of how they have handled us being here."

For more local news visit metronews.ca/Winnipeg

Maple Leaf plant vote looms

CRYSTAL LADERAS
WINNIPEG@METRONEWS.CA

Workers at the Maple Leaf plant on Lagimodiere Boulevard will be voting on a collective agreement this Friday.

The union behind more than 850 workers will hear details this week that include the classifications of 350 new workers the plant expects to hire. The plant is expanding under its $85-million renovation.

In October, Maple Leaf said the upgrade will make the Winnipeg plant one of the largest bacon processing plants in Canada.

"The membership was clear on what they wanted this round and I think once they hear the specifics of the new deal, they will be happy."

UFCW LOCAL 832 PRESIDENT JEFF TRAEGER

The larger plant would also mean job cuts around the country and the closure of a smaller facility in Winnipeg.

News in brief

Outrage in U.K. over cab-bug plan

ENGLAND. Civil liberties campaigners expressed outrage yesterday at an English city's plan to install audio recorders in licensed taxi cabs as a security measure.

Officials in Oxford say that starting next year its 600-plus cabs will carry audio-equipped cameras that run whenever the vehicle is in use, "leading the way" in ensuring the safety of passengers and drivers. **THE ASSOCIATED PRESS**

Same-sex union leads to residency

RIO DE JANEIRO. Brazil's government for the first time has granted a foreign citizen the right to live permanently in the country based on a same-sex relationship with a Brazilian citizen, according to a notice published yesterday in the country's Federal Register.

The action grows out of an October ruling by the country's Supreme Court recognizing same-sex marriage, giving gay couples rights such as the ability to jointly file taxes and to jointly adopt a child. **THE ASSOCIATED PRESS**

DIY-makeup miner arrested

BEIJING. Chinese police detained a mine boss who smeared coal on his face to pretend he had been in the shaft where 34 miners died and nine are still trapped, state media said yesterday.

Mine bosses who don't go underground with their workers face severe punishments under a rule imposed last year to improve safety. **THE ASSOCIATED PRESS**

Freed French aid workers return home

Aid group says three workers captured by al-Qaida are in good health

Three French aid workers captured by al-Qaida militants in Yemen six months ago returned home last night, hours after being freed thanks to help from the sultan of Oman and a possible ransom payment.

Kidnappers linked to al-Qaida's offshoot in the region had demanded $12 million US in exchange for the three and had threatened to kill the hostages if ransom wasn't paid imminently, according to Yemeni officials.

The circumstances of the aid workers' release remained murky. A senior Yemeni tribal mediator, who spoke on condition of anonymity because he is not authorized to speak to the media, said the Omani government and a Yemeni businessman paid a ransom, though he gave no figure and the ransom couldn't immediately be confirmed.

THE ASSOCIATED PRESS

▶ Unidentified French former hostages, left, arrive in Muscat, Oman, from Yemen yesterday.

The workers from Lyon, France-based Triangle Generation Humanitaire were abducted May 28 in eastern Yemen's Hadramawt province, home to al-Qaida in the Arabian Peninsula. **THE ASSOCIATED PRESS**

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United they fall

It's been one month since the Occupy Wall Street movement went global ◗ We check in on camps in Metro cities across Canada ◗ Word from most officials: Get out

Occupy Vancouver

Injunction junction. B.C. Supreme Court is to hear the city's request for an injunction to remove campers from outside the Vancouver Art Gallery. On Sunday, a coroner said Ashlie Gough died of a drug overdose at the encampment on Nov. 5.

Occupy Edmonton

Extreme protesting. The group is hunkered down and preparing for winter. At the end of last week, the camp, in a small park on Jasper Avenue, received $7,500 from the Occupy Wall Street organizers to help with winter prep.

Occupy Winnipeg

No bird baths. Protesters had their washroom privileges taken away by the Manitoba Legislative Building. Even though Mayor Sam Katz isn't sure what they want, he said he's open to meeting with protesters.

Occupy Halifax

Cuffed. Protesters say their constitutional right to freedom of expression and peaceful assembly should trump a city bylaw used to evict the group. Fourteen occupiers were arrested while being evicted from their temporary encampment in Victoria Park on Nov. 11 and three more were arrested during a protest Nov. 12.

Occupy Montreal

If you build it, will cops come? A few protesters are still at Square Victoria but they would have to build shelters to stay through the winter, something the city has said it doesn't want to see.

Occupy Ottawa

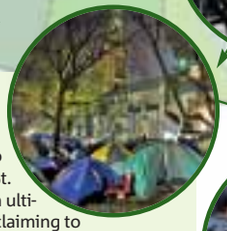
Festive spirits. Protesters remain hopeful they can stay in Confederation Park. But the National Capital Commission, which runs the park, has said it wants the protesters out in time for it to prepare for the annual winter festival Winterlude. Preparations for the event typically begin in December.

Occupy Calgary

Ticket to leave? The city posted warnings yesterday that all unattended items in the Olympic Plaza camp will be removed today. Bylaw officials have also ramped up ticketing.

Occupy Toronto

More bark than byte? Mayor Rob Ford reaffirmed his plans to evict protesters from St. James Park, despite an ultimatum from a group claiming to be hacker-activists Anonymous. Via YouTube, the group said, "You have said that by next week the occupiers shall be removed. And we say by next week if you do not change your mind, you shall be removed from the Internet."



Occupy London

Last to the party, first to get the boot. Protesters set up tents Oct. 22 in Victoria Park, which were dismantled by cops Nov. 9. Police have stepped up patrols, yet the group still holds daily meetings and rallies in the park.

METRO CANADA
PHOTOS: METRO CANADA, THE CANADIAN PRESS, TORSTAR NEWS SERVICE

The pill could be bad news for guys

Researchers suggest there may be a link between estrogen from oral contraceptives that has found its way into the environment and rising rates of prostate cancer among men around the world.

In a study in the online publication BMJ Open, researchers at Princess Margaret Hospital in Toronto looked at the percentage of women using the pill, intrauterine devices, condoms and vaginal barrier contraceptives in 87 countries, then examined the incidence and deaths from prostate cancer.

"Looking at these percentages, we find a strong correlation between female use of oral contraceptives at a population level and both new cases of prostate cancer and mortality from prostate cancer," said lead author Dr. David Margel, a urologist and fellow in uro-oncology.

"This is a very, very preliminary finding and we're not telling everybody to quit the pill. But further research needs to be done and it's an interesting finding."
DR. DAVID MARGEL, STUDY'S LEAD AUTHOR

"This was not found among other contraceptive modes," he said.

The research team used data from the International Agency for Research on Cancer and the UN World Contraceptive Use report to determine rates of prostate cancer and associated deaths as well as the proportion of women using common methods of contraception in 2007.

Margel said estrogen in birth-control pills is excreted in the urine and gets into the environment, particularly into water, and scientific evidence suggests that low levels may cause cancer, including prostate cancer.

"What we found was that in countries where the oral contraceptive was used more often, prostate cancer had a greater incidence," said Margel. But he stressed there may be many factors involved, and teasing out the effect of pill-based estrogen alone would take much more research.

While the amount of estrogen excreted by any single individual is extremely small, "when millions of women are doing it and for a long period of time, it may cause low environmental estrogen levels," Margel explained.

"We think further research is needed to explore both oral contraceptives, but also other estrogenic compounds that may contaminate our environment and may cause and increase the incidence and mortality from prostate cancer."

THE CANADIAN PRESS

$100. Smile

▶ Bank of Canada Governor Mark Carney shows off the new $100 bill, Canada's first polymer bank note, yesterday.

NATHAN DENETTE/THE CANADIAN PRESS

Note in plastic, it's fantastic

The Bank of Canada yesterday rolled out its new $100 bill to replace the cotton-paper-blend note. The bill features a wealth of anti-counterfeiting features such as partially hidden numbers, a large, transparent window, transparent text, a metallic portrait, raised ink and a frosted maple leaf window. The $50 polymer note will follow next March. The rest of the plastic money will be in circulation by the end of 2013.

Soldiers' stories being collected

Stories from Canadian soldiers who have served in Afghanistan are being collected so they can be shared.

Afghanistan: A Soldier's Story will be a hardcover compilation of "very human stories and photographs" of those who deployed with the Canadian Afghanistan Combat Mission between 2002 and 2012.

The volunteer-run project launched in Edmonton yesterday, as the Edmonton Garrison Military Family Resource Centre has agreed to administer a fund for the project.

Submissions from Canadian Forces members, civilians and media who deployed, along with Families of the Fallen, can be made online at afghanistanacanadianstory.ca. Donation information can also be found on the website.

The book is expected to be released next Remembrance Day. Proceeds will support a number of military foundations. ● **HEATHER MCINTYRE IN EDMONTON**

Slowdown in all major economies: OECD index

- Changes in economic trend over six to nine months
- Index doesn't judge speed of recovery or downturn

The global economy — including Canada — is on track to slow in the coming months, according to a report from the Organization for Economic Co-Operation and Development.

The OECD said yesterday its monthly index for composite leading indicators pointed "more strongly to slowdowns in all major economies" with Canada among those set to see growth drop below the long-term trend.

The Canadian economy has weathered the recession and its aftermath better than many other countries, but is still feeling the drag of a painfully slow global recovery.

Canada dropped 0.4 points in September, taking its composite leading index number to 99.4, down from 101.2 in May. The country's leading indicator has been falling for several months and dropped below 100 in August. For the OECD member countries as a whole, September's reading was 100.4, down 0.4 percentage points from August and down from 102.3 in May.

Severe debt problems in Europe combined with slow growth in the U.S., Canada's biggest trading partner, will likely reduce demand for the natural resources that Canadian companies produce.

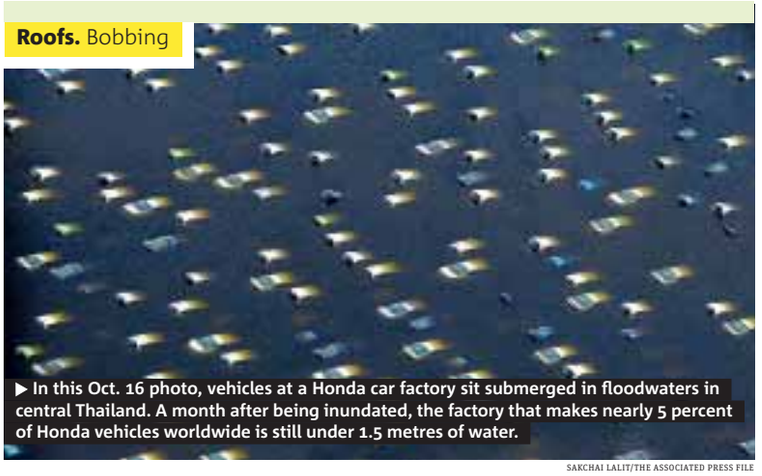
Bank of Canada governor Mark Carney warned that the global economy was confronted by new credit tightening as a result of the European debt crisis. He said it is up to the public sector to ensure there is sufficient credit available at reasonable rates to invest and spend. THE CANADIAN PRESS

Market moment

PRICES AS OF 5 P.M. YESTERDAY

TSX	Dollar
- 52.66 (12,224.19)	+ 0.08¢ (98.34¢ US)
Oil	**Natural gas**
- 85¢ US ($98.14 US)	$3.458 (- 12.6¢)
	Gold
	$1,778.40 (- $9.70)

Roofs. Bobbing



▶ In this Oct. 16 photo, vehicles at a Honda car factory sit submerged in floodwaters in central Thailand. A month after being inundated, the factory that makes nearly 5 percent of Honda vehicles worldwide is still under 1.5 metres of water.

SAKCHAI LALIT/THE ASSOCIATED PRESS FILE

Sinking just below the surface

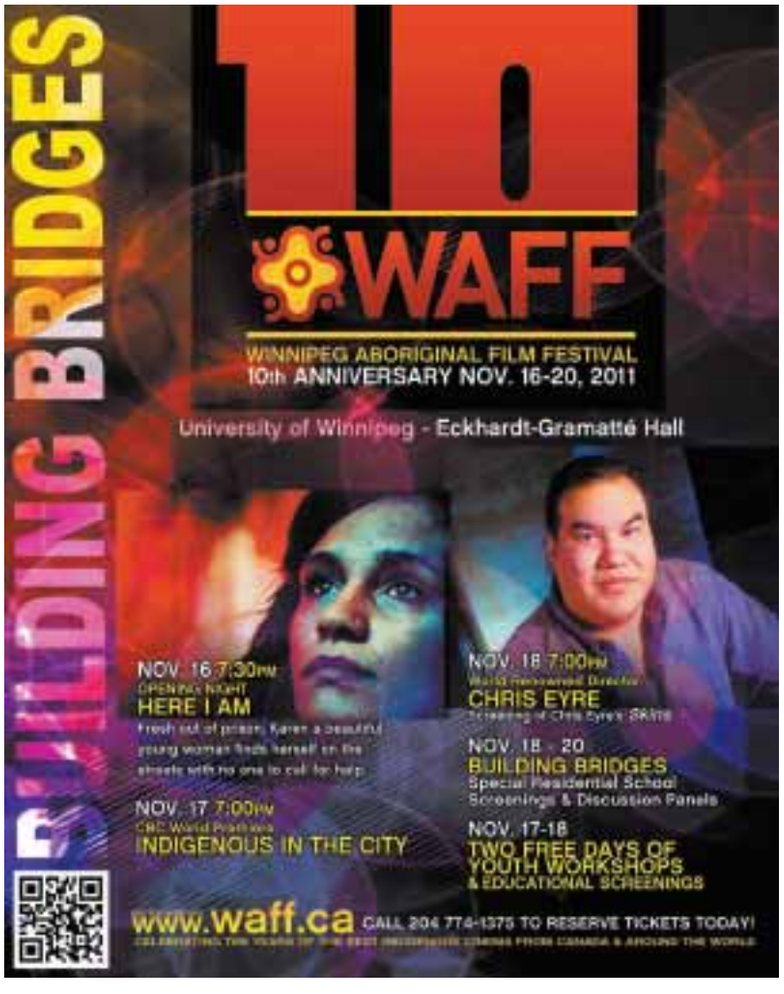
$1.50 Starbucks had been adding a $1.50 surcharge for bags of coffee weighing less than a pound without telling customers, which is illegal under U.S. consumer protection regulations.

Starbucks drops hidden costs

Starbucks Corp. has stopped tacking on a surcharge for bags of coffee beans weighing less than a pound in the U.S. after a Massachusetts consumer-protection agency fined the company $1,575 for overcharge violations.

A Starbucks spokesman tells The Boston Globe that the company charged extra for half-pound bags to cover additional labour and packaging costs.

THE ASSOCIATED PRESS



RIDGEWOOD PRECINCT PLAN
OPEN HOUSE INVITATION - NOVEMBER 21 AND 22, 2011
The area known as "Ridgewood South" is approximately 800 acres of largely vacant land in south Charleswood, owned by over 100 individuals and businesses. The area benefits from a number of important public assets including the Harte Trail and the Varsity View Community Centre.
The City's new development plan, OurWinnipeg, requires new communities to be established through a planning process. The Ridgewood Precinct Plan will help guide the orderly, efficient and sustainable development of these lands over the coming decades. Community consultation and public input are important components of making this plan a success.
Landmark Planning and Design Inc. and Stantec invite you to participate in a second round of public consultation for the Ridgewood Precinct plan. Over 500 residents and numerous stakeholder groups participated in the first consultations held from April through June of 2011. Please join us for public open houses on November 21 and 22 to share your ideas and opinions on concept plans and policies for the Ridgewood Precinct.
WHEN:
Monday, November 21
Drop in anytime between:
2:00-4:30 PM AND 6:30-9:00 PM
Tuesday, November 22
Drop in anytime between:
2:00-4:30 PM AND 6:30-9:00 PM
WHERE:
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Parish Hall, 4820 Roblin Blvd.
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OPTICAL ILLUSIONS: A LIFE BEHIND THE LENSES

SHE SAYS ...

JESSICA NAPIER
METRO

I was six years old when I first donned a pair of pink plastic frames with lenses as thick as windowpanes. I don't think I realized it then but my face would never be the same.

Anyone who has grown up in glasses will tell you that spending your middle school years behind lenses isn't all that fun. My poor eyesight always forced me to the front of the class and made team sports nearly impossible. Even if boys did make passes at me in my glasses (which they didn't), I was too blind to notice.

For years I dreaded the annual trip to the optometrist, knowing that, no matter what I did, I would perform worse and worse each time. Thankfully, like most young adults with impaired vision, my prescription started to level off when I hit my early twenties.

"And, yet, after 20 years of being unbearably nerdy, my prescription lenses are finally in fashion. "

Today, my Rx for distance vision is a solid - 6.50 and I'm experiencing a slow degeneration rather than a rapid decent into darkness.

Had my eyes continued to worsen at the rate they were going, I would have been legally blind before my 25th birthday.

Those with 20/20 vision cannot even begin to understand what the world is like for us four-eyed folk. In the shower I have to hold the bottle of shampoo half an inch from my face to read the label in order to avoid inadvertently lathering my hair with body wash — it's happened on more than one occasion.

At 13, I was finally able to convince my parents that wearing glasses AND braces would surely secure my status as a high school uber-dork, a nightmare that would haunt me for all eternity.

I made the transition to contact lenses and never looked back.

And, yet, after 20 years of being unbearably nerdy, my prescription lenses are finally in fashion.

Optical boutiques are shilling pricey retro lenses as a must-have accessory while mass retailers sell oversized plastic specs with clear lenses to irony-loving trend-followers salivating over the geek-chic aesthetic.

As someone sentenced to a life of nearsightedness I resent those poseurs in their fashion frames, mocking me with their perfect vision.

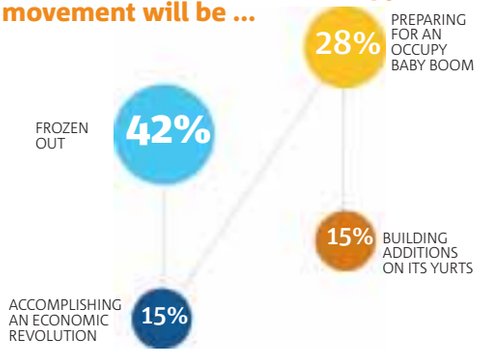
To me, your ironic non-prescription glasses are the equivalent of strutting around with a decorative cane when you're perfectly capable of walking.

Glasses are not just some hollow fashion statement; they should be purchased out of necessity and worn for vision correction, not for their hipster cachet.

Read more of Jessica Napier's columns at metronews.ca/shesays

Panel
Register at metropolitanpanel.ca and take the quick poll

At the end of winter, the Occupy movement will be ...



Local tweets

@BigPapi PegCity: Wow Big Buff in on both goals. Let's enjoy the +2 while it lasts. #GoJetsGo

@Amandageddon: ... Or, you know, Roloson. Whatever. We're winning! #goJetsgo

@GavinTheBrit: RT @Brittanymaria: This is definitely an exciting #WinnipegJets game to watch! So jealous that my dad is there. Getting distracted from homework... #GoJetsGo

@Jillian4Sports: RT @NHLJets: GOAL! Byfuglien with the point shot that gets past Roloson. Jets lead 2-0. #gojetsgo

@tmj_win_jobs: Wal-Mart Canada #Job: Overnight Stocker (Temporary) (#Winnipeg , CAN) http://t.co/hifguof6 #Jobs #TweetMyJOBS

@AYBOMaJ: Holy crap it's cold out! This frosty car is really making me wish I'd purchased a remote starter over the summer... #Winnipeg #burrr

Letters

Thank you for the coverage of the G20 meetings.

The agenda for the current G20 meeting in France was originally to be about helping the poor and hungry of the world. Of course all the headlines now are about Europe and Greece. Prime Minister Stephen Harper, whose government has decided to freeze Canada's development aid, will hear from French President Sarkozy and even Bill Gates that aid reduction is not the way to go.

Canadians are a generous and compassionate people but the government is allocating only 0.32 per cent of our national income in development aid. That's less than half of the 0.7 per cent Mr. Harper keeps promising to give and then failing to deliver. Donor nations agree that 0.7 per cent is the amount necessary to make serious progress towards alleviating extreme poverty to 1 billion people in the world.

There are great things happening with the money Canada is sending. If we could just live up to our own promises we could be part of the solution to eradicate mortal hunger in our lifetime.

PAUL INGRAM
DARTMOUTH, N.S.

photo of the day

▶ This photo titled Turn off the TV (Apaga la TV) was submitted to the Photo of the Day category by Valentina Godoy from Chile.

Metro invites its readers to join the Metro Global Photo Challenge — running in 100 cities on four continents — to win fantastic prizes and worldwide recognition. Enter your digital photos at metrophotochallenge.com. The contest runs until Nov. 22. As well as a chance to win a trip to any city Metro publishes, one submission will also be featured here daily.

WEIRD NEWS

Ashes to beads, dust to dust

The intense grief that Kim Il-nam has felt every day since his father died 27 years ago led to a startling decision.

He dug up his father's grave, cremated his bones and paid $870 US to have the ashes transformed into gem-like beads.

Changes in traditional South Korean beliefs about cherishing ancestors and a huge increase in cremation have led to a handful of niche businesses that cater to those who see honouring an urn filled with ashes as an imperfect way of mourning.

AHN YOUNG-JOON/THE ASSOCIATED PRESS

▶ Kim Il-nam displays beads made from his father's ashes

About 500 people have turned their loved ones' ashes into Buddhist-style beads by one company, Bonhyang. It and several other ashes-to-beads companies say they have seen steady growth in their business in recent years. **THE ASSOCIATED PRESS**

metro
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A 'krilling' adventure

Happy Feet Two director talks about his fascination with the hero myth and his choice to make a pair of shrimp-like creatures — known as krills — the focus of a hero saga side story

RICHARD CROUSE
SCENE@METRONEWS.CA

HANDOUT

▶ Happy Feet Two director George Miller enlisted the help of his daughter to aid in lyric writing for one of the songs.

"One thing I am drawn to unconsciously is the hero myth," says director George Miller.

Looking over his resumé it's easy to see what he means. His creations, like Mad Max, who ruled a dystopian Australian landscape from the driver's seat of a Ford Falcon XB Coupe and Babe, the king of the barnyard, are agents of change in their own worlds.

In his new film, Happy Feet Two, the follow up to the Oscar winning dancing penguin musical of 2006, you'll have to look closely to see his heroes, because they are the smallest creatures in the movie.

They are Bill and Will (Matt Damon and Brad Pitt), two bug-eyed characters who can only be described as existential shrimps. Actually, they're krill – a minute marine crustacean.

"Happy Feet Two is not a saga," he says. "It's not the hero myth, except from the point of Will the Krill. From his point of view the world is epic because they are so tiny. He goes off on a classic hero myth, going out, looking into the unknown, confronting great dangers and bringing a boon back to his world.

"Because the film takes place in a truncated time period it was important to make it epic from some point of view. From the krill's point of view it's a very big world — universe — out there. We saw them like space explorers wanting to go out beyond their world."

The krill may leave their flock — the "krillions" of krill they live with — to go on a journey, but Miller says the point of the story has more to do with family than heroes.

"They begin by being torn apart in some way," he says, "and it is only in the coming together that they are able to solve the problem."

For Miller, Happy Feet Two was a bit of a family affair, but not intentionally. He says he turned to his daughter to write the lyrics of the show-stopping tune Eric's Opera because he was desperate.

"We had three very well-known writers who have written musicals in Australia to try and write some lyrics and it just wasn't working," he says. "It was over elaborate so I called her and said, 'Can we just sit down together and work through it.' In two hours she had it, but it was more out of desperation than wanting specifically to work with my daughter."

Will the Krill's adventure

▶ When Will decides to swim out on his own to see the world beyond the krill swarm, skittish Bill tags along. They discover, to their horror, that krill are just munchies for others, sending Will on a quest to move up the food chain and become a predator.

THE ASSOCIATED PRESS

DVD Releases

Buy it ◍◍◍◍◍ | **Rent it** ◍◍◍◍ **Borrow it** ◍◍◍ | **Yawn** ◍◍ | **Don't bother** ◍

Harry Potter and the Deathly Hallows: Part 2
Genre: Adventure
Director: David Yates
Stars: Daniel Radcliffe, Emma Watson, Rupert Grint
◍◍◍½

Ten years and eight films after Harry Potter's cinematic adventures began, the saga resolves in ways suspenseful, romantic and thrilling.

In Harry Potter and the Deathly Hallows: Part 2,returning director David Yates, screenwriter Steve Kloves and many other creative hands pull out all the stops for the grand finale of the boy wizard's long battle with evil Lord Voldemort, a snake-faced creep played with masterful menace by Ralph Fiennes.

The action rarely flags in the film, which at 131 minutes is the shortest of the Harry Potter sagas.

The long-anticipated siege of Hogwarts gets what can only be called the Lord of the Rings treatment, with visual mayhem and character dynamics writ large. Even viewers fully versed in the plot will find themselves catching their breath as long-simmering developments reach fruition and apparent red herrings are addressed. The only disappointing aspect of this otherwise stellar send-off to Harry Potter is the post-production conversion to 3D (available with the Blu-ray), which adds absolutely nothing to the experience.

This outing can be summed up by the final three words of the final Potter book, which I present as a teasing acronym to avoid spoilers: "AWW." That may also be the sound you make at the conclusion of the film's romantic epilogue, which will prompt many smiles of satisfaction.

Extras, mostly on the Blu-ray, include deleted scenes, Maximum Movie Mode, a conversation with Daniel Radcliffe and J.K. Rowling and numerous featurettes. ◍ PETER HOWELL

2 scene

Scene in brief

Meryl Streep is becoming a familiar face in London's government district — the face of Margaret Thatcher. The Academy Award winning actress plays Britain's first female prime minister in the soon-to-be-released The Iron Lady. She bears an uncanny resemblance to the Conservative politician on the poster, unveiled Monday with the Big Ben clock tower as a backdrop.

THE ASSOCIATED PRESS

First Look: Pixar forges 'Brave' princess in latest 3-D animated adventure.

A QUICK LOOK AT WHAT YOUR DOWNTOWN BIZ HAS BEEN UP TO THIS YEAR... AND WHAT'S TO COME IN THE NEW YEAR!

IT'S ABOUT downtown

TODAY'S FOCUS: DOWNTOWN SAFETY

WATCH FOR MORE DOWNTOWN BIZ ADS TO FIND OUT WHAT'S HAPPENING DOWNTOWN! NOVEMBER 17 AND 22

10 MORE WATCH WELCOME DOWNTOWN EVENING CROWDS

Ten more Downtown Watch ambassadors are patrolling the streets this year in the evenings when crowds are downtown enjoying events. Whether it's a concert, festival, trade show or Jets game, the Watch are out to welcome people downtown and help them feel safer while they are here. The move was based on more visitors coming downtown in the evening—not to mention 4,000 more residents in the past four years—and the fact that our surveys show even though people feel safer during the day now, they feel less safe at night. In peak seasons the BIZ employs 30 Watch ambassadors, while 200 volunteers increase the presence downtown.

HELP US KEEP WATCH ON DOWNTOWN: CALL 958-SAFE

Would you like a SafeWalk to your car or bus stop? Spot a downed traffic light or someone intoxicated? A quick call to the Downtown Watch can give you peace of mind and know that you have helped contribute to a safer community and assisted someone in need. Watch ambassadors provide about 1,000 SafeWalks a year, sponsored by Manitoba Hydro. The BIZ promotes our **958-SAFE** (**7233**) phone number (or #**SAFE** on your MTS cellphone), sponsored by AAA Alarms, through bus shelter ads, posters and business cards. So please, give us a call... we're here to help.

BIZ OUTREACH WORKERS HELP THE CITY'S LESS FORTUNATE

Vulnerable individuals in Winnipeg's downtown receive help from the BIZ's 10 highly-trained Outreach Patrol. The Outreach move intoxicated people into safer environments and connect people on the street with resources, saving the city's emergency services an estimated $6 million dollars since the program began four years ago. Over 3,000 emergency calls are now directed to the Outreach each year, freeing up fire, police and paramedic services to deal with higher priority cases. The Outreach Patrol's average response time is 10 minutes or less. Nearly 15,000 individuals have been helped off the street and connected with social service providers. The Outreach also provides them with socks, mittens, blankets, water and food.

The program is supported by the City of Winnipeg, Province of Manitoba and Winnipeg Regional Health Authority. The city is exploring transitioning the Outreach program to the Winnipeg Police Service Cadets in 2012, based on the conditions of continuing the high standard that has been set of immediate service, a comprehensive community approach and communication with the public.

DOWNTOWN FORUM ASKS: HOW SAFE IS DOWNTOWN WINNIPEG?

Is our downtown really less safe than elsewhere in the city? The truth about downtown crime is far from public perception.

The Downtown BIZ asks this tough question at our Forum on Downtown Safety on November 17 from 5 to 7pm at the LoPub Bistro & Pub, 330 Kennedy Street, and invites you to participate in the discussion. Moderated by **Sean Kavanagh** from CBC, forum panellists **Dave Stone** (Portage Place, General Manager), **Gabrielle Giroday** (Winnipeg Free Press, Crime Reporter), **Rick Joyal** (Downtown BIZ, Manager of Safety and Development), and **Dave Thorne** (Winnipeg Police Service Superintendant), will square off and discuss safety in our downtown.

For more information, check out **www.downtownwinnipegbiz.com**

NETWORK CONNECTS DOWNTOWN SECURITY TEAMS

Now connecting almost 300 downtown businesses, the Downtown Security Network (DSN) links business people and security teams in order to solve and prevent crimes. This year over half a dozen criminals were arrested by the WPS because of the information sharing which took place between our BIZ members under the DSN. For more information, visit www.dsnwinnipeg.com.

WATCH STAND OUT AT NIGHT

The Watch now wear blinking lights in the evening to serve as a beacon of help, and they now hold their twice-daily briefings in public areas such as Air Canada Park instead of at the BIZ office.

ABOUT THE DOWNTOWN WINNIPEG BIZ

The Downtown BIZ markets the city centre on behalf of 1,400 businesses and runs programs targeting downtown image, cleanliness, safety, transportation and parking. We also host events and promote and advocate for downtown as a great place to work, shop and live. Every retail, commercial and professional business in the zone is a BIZ member and funds the Downtown BIZ.

downtown WINNIPEG BIZ
CAN WE GET YOU ANYTHING?

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www.downtownwinnipegbiz.com

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Call us 958-SAFE (7233)
or dial #SAFE from your MTS cellphone

www.downtownwinnipegbiz.com

downtown AAA Manitoba Hydro

Talking points

Middleton can't move on

ROYALTY. Pippa Middleton is reportedly having a harder time dealing with her breakup from Alex Loudon than expected, according to the Sun.

"Pippa tried to get over the split by spending last weekend with (William and Kate) at Balmoral," a source says. "She and Alex split briefly in the summer, but this time it's over. They are barely speaking."

That might explain why she recently cancelled plans to attend the high-profile Square Mile Masked Ball next week.

"From what I hear, Pippa's been making a few alterations to her social calendar," a source tells Us Weekly. "It looks like she's trying to keep a low profile — which is a bit of a change." METRO

Stern in the running for Got Talent

TELEVISION. With Piers Morgan bowing out of America's Got Talent, shock jock Howard Stern is reportedly in talks to replace him as a judge on the reality talent competition, according to The Associated Press.

Sources close to the talks say Stern is being offered about $15 million a year to join judges Howie Mandel and Sharon Osbourne. There's little rush, though, as judges aren't needed for the next season until February.

METRO

ALL PHOTOS GETTY IMAGES

Jesse James cheated with 19 women, alleges Kat Von D

Tattoo artist bares all on recent Facebook post

Say what you like about Kat Von D, but at least she can admit when she's wrong.

In a rather mature-sounding Facebook blog entitled Thank You, Jesse James, which she posted on Sunday, Von D says her relationship with Jesse was "toxic" and claims he cheated on her with 19 different women before they broke off their engagement in September.

"I know I deserve a big fat 'I told you so,' from everyone, and wish I didn't have to say, 'You all were more right than you'll ever know,' but you were," she writes.

"Not to worry, I've gladly paid the consequences for every mistake I've ever made, but learned so much from each of them."

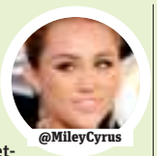
She doesn't have too harsh words for James, actually, just sympathy: "I think it just made me sad today to imagine him still in that dark place — where seeking validation through the attention of women takes precedence over being a good father, a sincere friend, a better coworker, and a happy individual."

And that, my friends, is how you really take a 'superpoker' to task on Facebook.

THE WORD

DOROTHY ROBINSON
SCENE@METRONEWS.CA

Celebrity tweets



@MileyCyrus
Sorry I havent been tweeting as much! I deleted the twitter ap off of my phone. Just taking some "ME" time!

@JuddApatow

Does the job of stewardess make most angry or does it draw those people in to the profession. You can always tell when one is over the edge

@keshasuxx

Dave grohl just gave me a flask of moonshine.... #uhoh

@ConanOBrien

So a celebrity can just mention a product on Twitter and then they get them sent to them for free? OVEN MITTS!!!

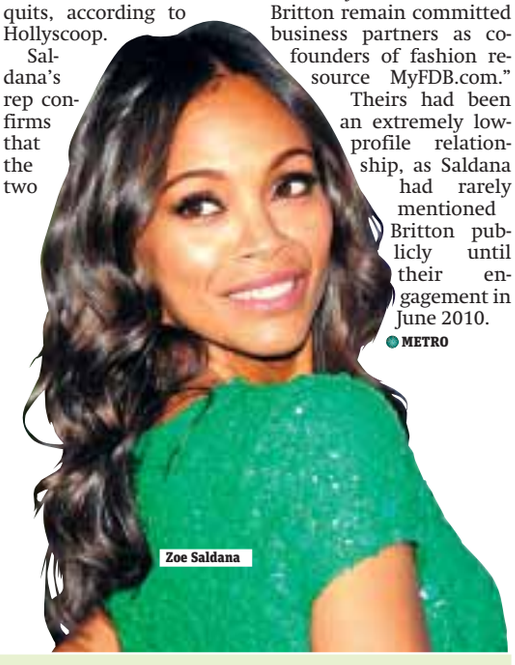
Saldana splits from fiancé

Zoe Saldana and fiancé Keith Britton have called it quits, according to Hollyscoop.

Saldana's rep confirms that the two "have amicably separated after 11 years. Saldana and Britton remain committed business partners as co-founders of fashion resource MyFDB.com."

Theirs had been an extremely low-profile relationship, as Saldana had rarely mentioned Britton publicly until their engagement in June 2010.

METRO



Brad Pitt

Pitt to quit?

Brad Pitt says he wants to retire from acting at age 50.

"Three years," the 47-year-old actor declares to the Australian edition of 60 Minutes.

"I am really enjoying the producing side and development of stories and putting those pieces together."

Pitt has apparently had the end of his acting career on his mind lately, as he recently told Culture magazine, "We all have a shelf life, and mine is coming."

But Pitt and partner Angelina Jolie aren't necessarily planning to quit expanding their family.

"You know, I don't know that we're finished. I don't know yet. I don't know," he admits. METRO

3 life

Casting a dark light on black licorice

Eating large amounts of the tasty treat linked to health complications Physician tells of a case where patient suffered swelling, high blood pressure from consuming lots of candy

CELIA MILNE
LIFE@METRONEWS.CA

ISTOCK PHOTO

▶ Black licorice — it's just one more delicious thing that is bad for you.

Warning: Eat black licorice sparingly.

Believe it or not, gobbling up too much of this yummy candy can cause high blood pressure, low potassium, fluid buildup, aching and weakness in the muscles, and unexplained weight gain.

"It is a question of balance," says Dr. Christine Johns, assistant professor at the University of Ottawa and an attending physician at the Ottawa Hospital emergency room.

"I am personally a great fan of black licorice. It is delicious and can be used by people who have chronic constipation, with proper guidance, and it may have other beneficial effects. Adverse effects from black licorice occur only when people consume large amounts and for at least a few days running."

In 2009, Dr. Johns wrote in the Canadian Journal of Emergency Medicine about a 49-year-old physician who came to the hospital with swollen legs, weight gain and raised blood pressure.

She had been eating between four and seven black licorice cigars a day for 10 days in a row. (She had bought them because she loved them and because she was going on a family trip, and knew they made good laxatives.) Black licorice contains glycyrrhizic acid (GZA), which can be toxic in large amounts.

"My patient ate far too many black licorice cigars," says Johns. As soon as the woman stopped eating the candy, her symptoms disappeared and her weight went back to normal.

Just before Halloween, the FDA in the U.S. warned people over age 40 that eating more than 2 oz. of black licorice a day for more than two weeks could land you in the hospital.

Black and white

Black licorice isn't all bad.

Toxic There are beneficial effects too, says Dr. Christine Johns, an emergency room doctor at the Ottawa Hospital. "Balance. In all things from diet to exercise," she reminds Metro readers. The ingredient in black licorice that can be toxic (GZA) is also commonly found in herbal remedies for cough, stomach ailments and constipation. It is reputed to have antibacterial and antiviral properties, she says. "When I have patients who suffer from constipation I sometimes suggest black licorice made with natural ingredients *if* they have no prior problems with blood pressure or kidney function. I educate them about safe amounts."

Trend of the week

Workout hoodies

The colder it gets, the more we need to cover up for our workouts. A hoodie is the perfect accessory for fitness lovers that don't want to look frumpy when they head out for their morning jog.

METRO

TOPSHOP

$45
topshop.com

552 million people could have diabetes by 2030; experts say many cases still preventable

Best Health Minute

BONNIE MUNDAY, EDITOR-IN-CHIEF, BEST HEALTH MAGAZINE

Eat By the Clock I was on Breakfast Television in Toronto recently talking about what you should eat at certain times of day if you're watching your weight. The advice is from dietitians we consulted for an article that's in our November issue. Here's an excerpt:

Morning Eat breakfast! We've all heard it, and it's true, that eating breakfast kickstarts your metabolism and gives you energy to start the day.

Get some protein, such as eggs, Greek yogurt or peanut butter, as protein helps keep you full for longer. Whole grains, like a bowl of oatmeal, also make an excellent breakfast.

But skip the bagel with bacon and cheese, which is high in calories and fat without a whole lot of nutritional value.

ISTOCK PHOTO

Mid morning Have a snack between breakfast and lunch, or you'll be ravenous at midday and tempted to have a high-calorie lunch.

Apple slices with peanut butter is a good snack choice (and peanut butter has healthy fats), or try baby carrots dipped in yogurt, which gives you one of the seven to eight servings of vegetables and fruit that women need daily.

Lunch A chicken or salmon sandwich (maybe using leftovers from dinner the night before?) with some red pepper strips and cucumber slices is filling and healthy.

To find out what not to have for lunch, and what to eat in the afternoon, dinnertime and evening, pick up the November issue, which is on newsstands now.

TO CLAIM YOUR FREE ISSUE OF BEST HEALTH, GO TO BESTHEALTHMAG.CA/ METRONEWS

Even the pickiest of eaters will enjoy a bite at Saucers

This large café's menu includes wraps, sandwiches, salads and pizzas

LUNCH RUSH

PAY CHEN
FOOD@METRONEWS.CA

Everyone seems to know Saucers.

The menu is full of choices that sound good and familiar. Wraps and sandwiches, pizzas, salads and a good selection of small bites will satisfy any picky eater.

A fairly large café, Saucers is full for lunch. Service is quick with little small talk.

The Thai Chicken Salad ($12) is a large bowl of romaine, bean sprouts, carrots and cold vermicelli noodles. Two plump roasted chicken skewers sit on top with a peanut sauce dressing.

When my salad comes dressed instead of with dressing on the side as I requested, it is quickly whisked away and replaced in minutes.

Not too hungry? Many sandwiches come with a half or full option so you never have to order more than you'll eat.

Saucers also has a nice tea bar menu full of exotic and fresh loose leaf options. Linger as long as you are able to avoid the stares of hungry diners waiting for your table.

PAY CHEN

▶ Thai Chicken Salad ($12)

Saucers Café
570 Academy Rd.
489-9204
Hours: Mon - Thurs (11 a.m. - 11 p.m.), Fri - Sat (11 a.m - Midnight)
Reservations: Yes
Licensed: Yes
Quick solo lunch: Yes
Social lunch: Yes
Client negotiations: Yes
Price range: $3 - $23
Rating: 3.5 out of 5

CLOVER LEAF

Shawarma with a Tuna Twist

With more than 250 calories less than a take-out shawarma, this recipe makes a healthier lunch option.

Preparation:

1. Cucumber and Dill Sauce: In small bowl, stir together yogurt, cucumber, dill, garlic and lemon juice. Cover and refrigerate.
2. In another bowl, combine both cans of tuna and cumin. Lay pitas flat and divide tuna mixture along centre of each pita. Top with lettuce, tomato and onion. Top with pickle and cucumber. Drizzle sauce over each and roll pita up tightly to serve.

EMILY RICHARDS/ CLOVER LEAF

Ingredients:

- 1 can (85 g) each flaked light tuna (lemon & pepper, and garlic & hot pepper)
- 5 mL (1 tsp) cumin
- 2-25 cm (10 inch) whole wheat pitas
- Half tomato, diced
- 2 each romaine lettuce leaves (shredded), red onion slices, dill pickle spears, cucumber ribbons

Cucumber and Dill Sauce:

- 45 mL (3 tbsp) plain yogurt
- 30 mL (2 tbsp) diced cucumber
- 15 mL (1 tbsp) chopped dill
- 1 clove garlic, minced
- 5 mL (1 tsp) lemon juice

Give ham new identity

A bit of bourbon goes a long way in giving this familiar meat new life It's great for dinner parties

DINNER EXPRESS

EMILY RICHARDS
FOOD@METRONEWS.CA

Ham fits well into fall entertaining as it is versatile and big enough to feed a crowd.

This elegant version lets a bone-in ham cook in the slow cooker.

To give it pizzazz, the recipe adds a splash of bourbon, rum or apple juice along with cinnamon, red pepper flakes and dried cherries.

Preparation:

1. Coat stoneware of a 5-L (20 cups) slow cooker with non-stick cooking spray. Add ham, cut side up. In a small bowl, combine apple juice, brown sugar, raisins, cinnamon and pepper flakes; stir well. Pour mixture evenly over ham. Cover; cook on Low for 9 to 10 hours or on High for 4 1/2 to 5 hours. Add cherries 30 minutes before end of cooking time.
2. Transfer ham to cutting board. Let stand for 15 minutes before slicing.
3. Pour cooking liquid into a measuring cup and let stand for 5 minutes. Skim and discard excess fat. Return cooking liquid to slow cooker.
4. Turn slow cooker to High. In bowl, whisk cornstarch and bourbon until cornstarch is dissolved. Stir into cooking liquid. Cover; cook on High for 15 to 20 minutes until thickened. Serve sauce over sliced ham. **EMILY RICHARDS IS A PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR AND A TV CELEBRITY CHEF. (EMILYRICHARDSCOOKS.CA)/ THE CANADIAN PRESS/ CROCK-POT**

THE CANADIAN PRESS H/O

Ham in Bourbon Sauce

▶ This recipe serves 10 – perfect for entertaining.

Ingredients:

- 2.5 kg (6 lb) bone-in ham, butt portion
- 125 ml (1/2 cup) apple juice
- 175 ml (3/4 cup) packed dark brown sugar
- 125 ml (1/2 cup) raisins
- 5 ml (1 tsp) ground cinnamon
- 1 ml (1/4 tsp) red pepper flakes
- 75 ml (1/3 cup) dried cherries
- 50 ml (1/4 cup) cornstarch
- 50 ml (1/4 cup) bourbon, rum or apple juice

GEORGE DOYLE/STOCKBYTE/THINKSTOCK

FIGHT COLD AND FLU SEASON

FLU WATCH

About 10 to 25 per cent of Canadians get the flu each season, while the average Canadian deals with three to four colds every year.

Immunization is the best protection against the flu, and the best time to be immunized in Canada is right now, says Dr. Bonnie Henry, medical director, Communicable Disease Prevention Service, B.C. Centre for Disease Control, Vancouver. Pretty well everyone is encouraged to get a flu shot including pregnant women and children under two. Speak to your doctor for more information.

To keep track of the spread of flu and flu-like illnesses, bookmark Public Health Agency of Canada's Flu Watch phac-aspc.gc.ca/fluwatch/. So far, only sporadic influenza activity has been reported. But there has been an increase in detections of cold viruses.

HAND HYGIENE KEY

How many times did you wash your hands today?

If it's fewer than five times, your risk for catching a cold or flu virus goes up, according to Dr. Bonnie Henry, medical director, Communicable Disease Prevention Service at the B.C. Centre for Disease Control.

With cold and flu season in Canada gearing up and not peaking until early 2012, it's important to do everything you can to avoid the viruses that cause colds and flu.

"We know that people who wash or clean their hands five times a day are less likely to get colds and flus," says Henry.

Most respiratory viruses spread by coughing, but they can also spread indirectly when people cough into their hands and then touch objects. A virus can survive on commonly touched surfaces such as doorknobs, countertops, faucets and toys — popular places young children put their little hands on every day. Kids aren't always as careful with their hygiene as adults — they drop toys, play on the floor, and put their hands in their mouths. Using a product like Mr. Clean with Febreze freshness Disinfectant Liquid can help. It is not only formulated to kill the flu virus (influenza A2) when used as directed, but it also leaves a fresh, pleasant scent behind.

"Viruses can stay alive for 24 to 48 hours," says Donna Wiens, president of the Community and Hospital Infection Control Association (CHICA) and an RN and infection control specialist. "So the next person that comes along and turns the doorknob or uses the telephone, is at risk.

"We're big promoters of hand hygiene, cough etiquette (such as covering your mouth when you cough), influenza immunization, and staying home if you're sick. And none of those stand on their own — they all go together."

The other important message: it's everyone's responsibility to do everything possible to avoid spreading germs.

– Ylva Van Buuren

GET WELL SOON

TOM LE GOFF/PHOTODISC/THINKSTOCK

The average child will get between eight and 12 cold or flu viruses a year, while adults typically get six to eight. The bad news? There's no cure.

"You can't take antibiotics for a virus," says Dr. Jonathan Kerr, a spokesperson for The College of Family Physicians of Canada. "But your body will heal itself in five to 14 days, depending on how severe the virus is."

To get well soon, Kerr recommends following these doctor's orders:

GET PLENTY OF REST If you sleep for a day or two when you first get sick, the world won't stop revolving — and it could help you feel better faster. "I ask my patients how well they're really functioning when they feel miserable," says Kerr. "The body will heal itself if you do the right things, but you have to be patient. It could take a week or two before you feel completely well again."

REPLACE LOST FLUIDS If you're vomiting and sweating or you have diarrhea, drink lots of water or other non-caffeinated beverages such as juice and herbal tea. Homemade chicken soup is great too. "If someone who cares about you made it, there's a psychological component that will make you feel better," says Kerr. "Plus it's mostly fluid, and the protein in the chicken will give you some strength." Since ginger has anti-nausea properties, sipping cold or warm flat ginger ale may ease stomach upset.

SEEK OVER-THE-COUNTER RELIEF A pharmacist can help you choose a product to ease a cough, a runny or stuffy nose or muscle aches. Want to try a supplement? Go ahead — some small studies have shown that zinc and echinacea may lessen a virus' duration by half a day if you take them when symptoms start. "If you take the proper dosage, it won't hurt and it might help," says Kerr.

– Jane Doucet

ISTOCKPHOTO/THINKSTOCK

IS IT A COLD OR FLU?

Cold symptoms include sneezing, runny nose and congestion as well as headache, cough and sore throat. Fever is the hallmark difference, says Wiens. If you have the flu, you may have fever as well as severe body aches and muscle aches.

– Ylva Van Buuren

febreze

breathe happy holidays

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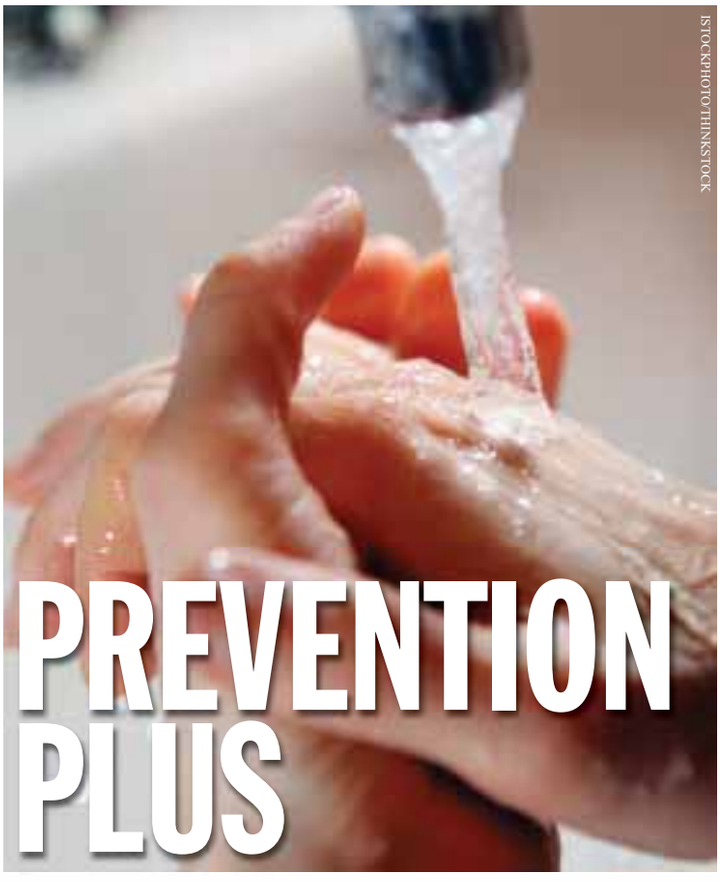


ISTOCKPHOTO/THINKSTOCK

PREVENTION PLUS

HOW TO AVOID CATCHING AND SPREADING BUGS AT HOME

Uh oh — your third grader has come home sick and is coughing up what you're pretty sure are her lungs. How do you prevent catching what she's got, or any other cold and flu bugs that invade your home before the end of April? Read on.

TEACH EVERYONE IN THE FAMILY TO WASH THEIR HANDS REGULARLY "This is the best way to stop the spread of those germs," says Dr. Carol McConnery, a Gatineau, Que.-based family physician. Don't forget to wash your hands after every time you use the bathroom, come in from outside, and sneeze or cough into your hands. If you share keyboards, phones, and so on, try to wipe those surfaces clean regularly and to wash your hands after use.

PRACTISE THE SLEEVE SNEEZE Make sure everyone sneezes or coughs into their elbow rather than their hands to prevent spreading germs. "Or cough and sneeze into a Kleenex, which they then throw it out. Don't leave their Kleenex everywhere and someone else picks it up," says Dr. McConnery.

DON'T SHARE Family members often share personal use items without even realizing it — think face cloths, hand towels and more. "So be careful not to drink out of other's glasses, and no sharing of toothbrushes. And moms, don't put the soothers in your mouth before it's into the baby's — things like that," says McConnery.

CONSIDER SUPPLEMENTS Anne Marie Picone Ford, a pharmacist and owner of Ford's Apothecary in Moncton, N.B., recommends vitamin D specifically. "It helps boost the immune system in an effective way and you can take it in tablet or drop form." (Check with a pharmacist about how much you should take daily — and other supplements and cold prevention products.)

– Astrid Van Den Broek

GOING PUBLIC

Along with hand washing with soap and water (or alcohol-based antibacterial gels) after you've touched public surfaces, your best bet to avoid getting the flu is by getting an annual flu shot. There are a few new flu products on the market, says Dr. Bonnie Henry, the medical director for communicable disease prevention service at the B.C. Centre for Disease Control in Vancouver. Flu Mist is a nasal spray vaccine that is very effective and available for healthy kids ages two to 18, says Dr. Henry. Provincial health plans don't cover it and you need a prescription. There's also a new flu shot called Fluad for people over 65 that helps boost the immune response. Ask your family doctor about both.

IMMUNE BOOSTERS

SOME FOODS CAN HELP YOU FIGHT SICKNESS

The immune system is how your body defends against illness, says Toronto-based registered dietitian Cara Rosenbloom.

While experts recommend a healthy lifestyle in general, there are specific foods that help strengthen the immune system, says Rosenbloom. "Even if you still get a cold, having a strong immune system will help you fight it faster."

Here's a shopping list.

PROBIOTIC YOGURT Probiotics are good bacteria that strengthen the immune system, says Rosenbloom. Read labels and look for yogurts with added probiotics. Research shows that about 10 billion active probiotic cultures per day may help shorten the length of a cold and reduce symptoms.

FRUITS AND VEGETABLES About 200 milligrams of vitamin C daily before you get a cold may slightly reduce cold symptoms and help make the cold go away faster. Getting the recommended seven to eight servings of fruits and vegetables daily will give you enough vitamin C, says Rosenbloom. Some of the best sources: red peppers, oranges and strawberries.

ZINC-RICH FOODS Studies show taking zinc within 24 hours of getting a cold may help lesson symptoms. Studies use 23 milligram supplements daily, says Rosenbloom. But, you also get the mineral in beef, crab, turkey, pork and chicken as well as beans, nuts and pumpkin seeds.

VITAMIN D-RICH FOODS Vitamin D helps keep immune cells functioning properly too, says Kristen Schiener, a registered holistic nutritionist in Toronto. The best sources are eggs, fatty fish, beef liver and calf liver.

FATTY FISH Schiener says omega 3 essential fatty acids also play a critical role in the immune system. The best food source is fatty fish such as salmon, herring, mackerel and sardines.

– Ylva Van Buuren

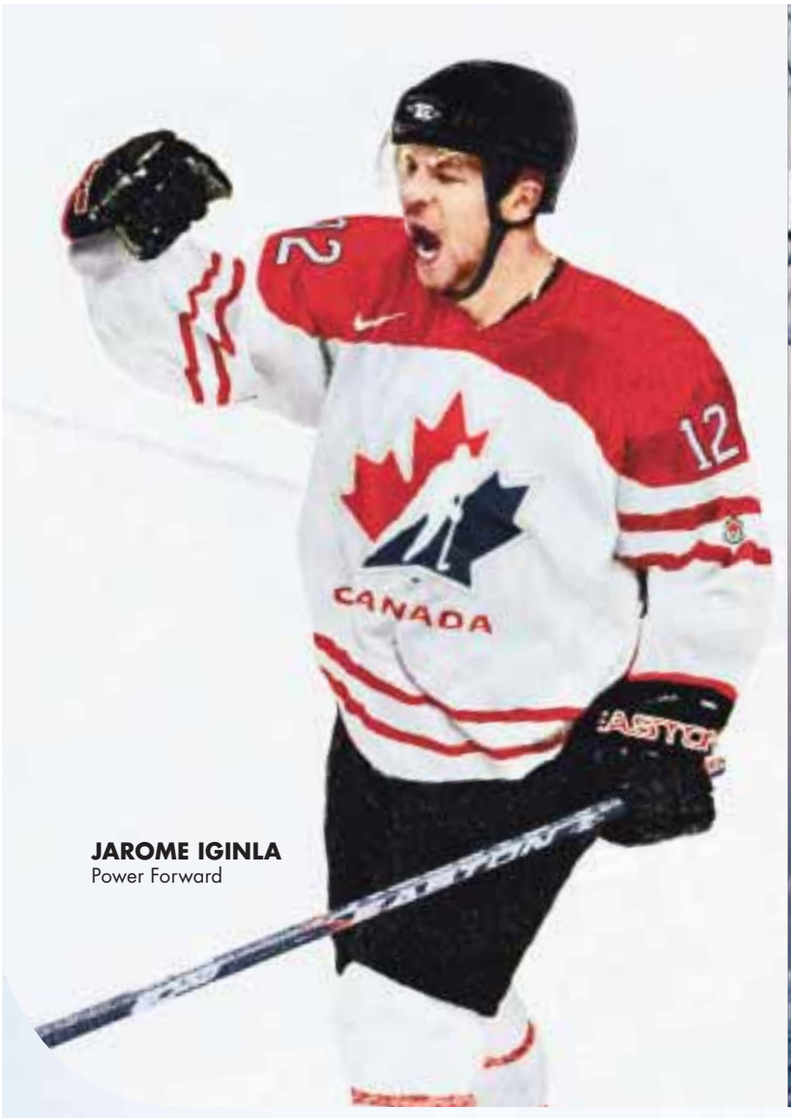
FEED A COLD, STARVE A FEVER?

Don't do it, according the Dietitians of Canada website. Whether you have a cold or flu, the association recommends eating smaller, more frequent meals and snacks to support the body's defences. What you don't want to feed your body with are foods high in sugar or saturated fats. Eating sugar actually causes your immune function to go down, says Schiener. Bad fats also interfere with the efficiency of the immune system.

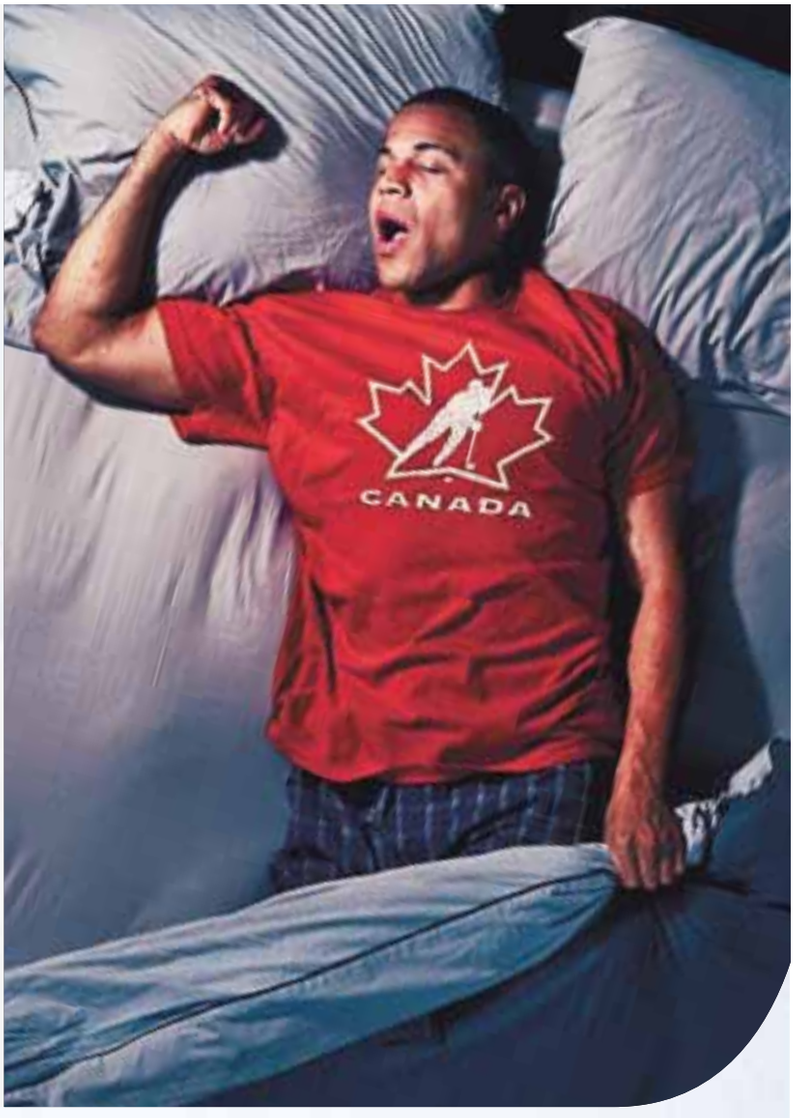
DRINK UP

"Viruses and bacteria get into our bodies when our membranes get dried out in the nose and back of throat," says Schiener. "The more lubricated your body, the easier it is for us to fight off infection and keep germs out." Schiener recommends clear fluids like herbal teas and water. If water is boring, add a splash of fruit juice.

DIGITAL VISION/THINKSTOCK



JAROME IGINLA
Power Forward



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DOCTOR'S ORDERS

WHEN TO CALL IN SICK.... AND WHY YOU SHOULD

You've been hacking all night. Your head throbs. But you're also scheduled for an all-morning budget meeting. Should you head into work to tough it out or stay home?

"As an employer, you certainly don't want to lose hours with people being out," says Anne Marie Picone Ford, a pharmacist and owner of Ford's Apothecary in Moncton, N.B. "But then if someone's sick and going to come in and contaminate everybody, you'll lose a whole lot more employees to illness. So you have to be careful when you go in."

It's also important to give your body time to heal. A little downtime can do wonders — and may help you feel better faster.

Not sure? Here's how to know if you should head to work or stay home.

STAY HOME IF...

YOU HAVE A FEVER Anything generally above 37.5-38 C is generally a fever in an adult.

YOU HAVE THE FLU "With influenza, it's a virus that has a systemic attack on you," says Dr. Carol McConnery, a Gatineau, Que.-based family physician. "So you're sitting somewhere and all of the sudden, it hits you. People compare it to being hit by a truck. And it's a virus that hits suddenly in big muscles. People talk about muscular pain — thigh muscles and back and shoulders — and fatigue. People with influenza don't function."

HEAD TO WORK IF...

YOU'VE GOT A HEAD COLD While admittedly it's best to try and convince your boss to work from home for the day so you're not infecting your colleagues with your hacking cough or constant sneezing, you can function with a cold. "Cold symptoms are general things related to the head, throat and neck: so runny noses, nasal congestions, sometimes an earache and a dry cough," says Dr. McConnery. However, put yourself on spreading germs alert — wash your hands, don't shake hands with others if you can help it, and cough or sneeze into your sleeve.

– Astrid Van Den Broek

GEORGE DOYLE/STOCKBYTE/THINKSTOCK

5 THINGS TO DO WHEN YOU'RE HOME SICK

1. CATCH UP ON MOVIES Why not try classics from the American Film Institute's Top 100 movies (afi.com) such as The Bridge on the River Kwai or Rear Window?

2. TRY PURGING SOME CLUTTER Maybe now's the time to sort through that scary basement closet you never get around to tackling.

3. OPEN/LOAD A NEW BOOK The BBC has its The Big Read top 100 books list. (bbc.co.uk)

4. RENT A BOX SET Ever caught The Wire or Six Feet Under when they aired on TV? (If not, you should.)

5. SNOOZE How often do you get an uninterrupted nap these days?

WOLSELEY WELLNESS CENTRE CAN HELP YOU STAY HEALTHY

IT'S THAT TIME OF YEAR AGAIN, AND WE DON'T MEAN THE HOLIDAY SEASON

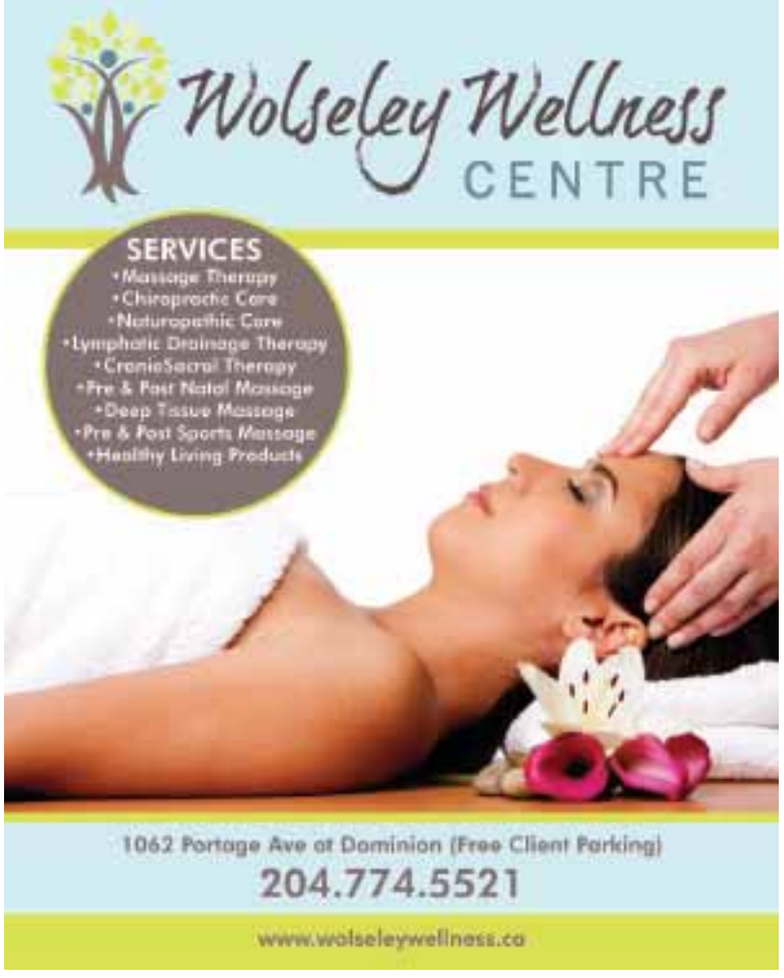
It's that time of year again, and we don't mean the holiday season. Cold and Flu season is here, and the Wolseley Wellness Centre would like to help you and your family stay healthy. While the tried and tested methods of avoiding illness should not be forgotten, you can always do more than wash your hands to prevent a cold or flu from slowing you down.

Staying healthy is your number one defence when it comes to cold and flu season. Excess stress can take a serious toll on your health. Massage Therapy and Lymphatic Drainage Therapy are excellent ways to unwind and get ready for whatever life is going to throw at you. Lymphatic Therapy boosts the immune system by stimulating the lymphatic system to produce more immune cells. Lymphatic Therapy can also help decongest sinuses, relieve sore throats and eliminate headaches.

If you do end up catching a cold or flu, do not despair. Made from wild Oregano, our Oil of Oregano kills viruses, bacteria, and fungi. A couple drops under the tongue or massaged into the feet is all you need.

The multidisciplinary team of dedicated professionals at the Wolseley Wellness Centre can help you stay healthy.

ISTOCKPHOTO/THINKSTOCK



GIVING GUIDELINES

FUN AND FRUGAL

LESLEY SCORGIE
MONEY@METRONEWS.CA

Picture this: It's Christmas morning and you swap presents with your honey bunny. Surprise! You get a $600 iPad and a terrible sinking feeling in your stomach because you only bought a $50 sweater. Whether or not you could have spent more, you feel guilty.

Have you talked to your Holiday Honey about what you plan to spend on each other this season? A simple conversation can save you sleepless nights, loads of guilt, and hundreds of dollars. While you're making dinner or out for a walk, ask your partner what they'd like for Christmas. Then talk about what both of your holiday budget limitations are. For example, you may have set aside $500 and have to buy gifts for 10 people while your honey may have $1,500 to spend on five people.

If your holiday budgets are significantly different, talk about it! Does it make you uncomfortable? Is your partner OK if the value of their gift is much different from yours? If you're not cool with the budget disparity, pitch the idea of setting a limit like $100 per person.

If you can't agree on a dollar value, consider putting money toward a joint gift like a weekend trip to the mountains. Better yet, make a donation or volunteer together at your favourite charity.

Remember that in lean times couples often don't exchange any gifts. Rather, they'll swap homemade cards or enjoy free festive activities like viewing holiday displays or playing shinny hockey with neighbours.

FOR LESLEY SCORGIE'S FULL COLUMN VISIT METRONEWS.CA

What's in your best interest?

ON MONEY

ALISON GRIFFITHS
MONEY@METRONEWS.CA

Are you challenged? According to the November study of Canada's 5.8 million residential mortgages by the Canadian Association of Accredited Mortgage Professionals, (CAAMP), 12 per cent of homeowners would feel the pinch if their mortgage rate rose by less than one per cent.

At the same time, 36 per cent of homeowners have been making heightened efforts to pay down their mortgage through increased monthly payments, lump sums, more frequent payments or a combination.

This is heartening news, but is it the best strategy? Probably yes if a mortgage is your only debt, but probably no if you owe money elsewhere.

The first step to finding the right course of action is to make a list of everything you owe, including principal, interest rate and the payments you typically make.

During the past year, the average rate for fixed rate mortgages according to CAAMP was 3.88 per cent.

Other borrowing can range from four per cent for home equity lines of credit (though obviously those with top credit rating will get better rates) to 29.99 per cent for some bank and retail credit cards.

Let's suppose you're one of the 36 per centers and are accelerating mortgage payments. But let's also suppose you have credit card and credit line debt of $25,000 with a combined (weighted) interest rate of 10 per cent (both roughly the Canadian average).

Doing the math

A rate hike of 1% will increase the average Canadian mortgage by $77 a month.

▶ **A hike of 2%** increases it by $158 monthly.

If your non-mortgage debt payments are $500 it will take you 300 months or 25 years to retire the debt and you'll spend over $17,000 on interest along the way. Ouch!

However, if you just pay the required minimum on your (for now) cheap mortgage and accelerate payments on your other debt the picture looks better.

By increasing your credit line/credit card payments to $750 the debt vanishes in 40 months and interest costs decrease to $4,400.

At that point you can turn the entire consumer debt payment of $750 to your mortgage and it will begin to disappear very quickly. Now that's real protection from interest rate increases! Don't forget that personal and home equity lines of credit are just as vulnerable as mortgages to interest rate hikes.

ISTOCK

▶ Alison's money rule: Before increasing mortgage payments tackle higher interest debt first.

ALISON GRIFFITHS IS THE AUTHOR OF THE UPCOMING BOOK COUNT ON YOURSELF: TAKE CHARGE OF YOUR MONEY. REACH HER AT ALISONGRIFFITHS.CA OR GRIFFITHS.ALISON@GMAIL.COM.

TALKING ABOUT TIPS

CHARLES THE BUTLER

ASKCHARLES THEBUTLER@METRONEWS.CA

FOR MORE, VISIT CHARLES MACPHERSON.COM

This is my last article from my trip to China. While having dinner in Shanghai recently at a fantastic restaurant called The Bund, we started talking to the table beside us.

This wonderful group of 10 turned out to be fellow commonwealth members, from Australia, vacationing through China. At some point someone asked "does anyone know when and who to tip in a hotel?"

The group at my table laughed and said, "Charles, do you want to answer that question?"

That's such a great question I had to jump in. Now, first I think you might like to know that the word "tip" stands for, which is "to insure promptness." Originally a tip used to be given before you asked for a service so that you could ensure good, quick and professional service. Today it is customary to give a tip after the service is performed.

So the short answer is you can give a tip to anyone who goes out of his or her way to help you, but below is a basic chart to help guide you.

Now I have purposely left out how much to tip, because that is truly dependent on where you are in the world, what kind of hotel you are staying at and how generous a tipper you are.

ISTOCK

▶ The bellman at a hotel should be tipped.

People you should tip in a hotel

• Bellman who carries your luggage to and from your room.

• Housekeeper who cleans your room (most forgotten employee).

• Concierge who makes your reservations and/or advises you on local plans and information.

• Waiter/waitress in the restaurant.

• Room service. Although they generally already have a gratuity added to the invoice, most still give a little additional gratuity.

• Car jockey when they return your car.

HAVE A QUESTION? EMAIL CHARLES AT ASKCHARLESTHEBUTLER@METRONEWS.CA.

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4 sports

‘Nuclear winter’ for NBA?

Commissioner says season is in jeopardy after players reject offer, start to disband union

SETH WENIG/THE ASSOCIATED PRESS

▶ NBA Players Association president Derek Fisher, surrounded by NBA players, speaks during a news conference after meeting with the players’ union yesterday.

NBA players delivered a resounding but risky response to one more ultimatum from NBA commissioner David Stern: See you in court.

The players’ association rejected the league’s latest proposal for a new labour deal yesterday and began disbanding, paving the way for a lawsuit that throws the season in jeopardy.

Negotiating went nowhere, so now the union is going away.

And Stern said “nuclear winter” is coming.

“We’re prepared to file this antitrust action against the NBA,” union executive director Billy Hunter said. “That’s the best situation where players can get their due process.”

And that’s a tragedy as far as Stern is concerned.

“It looks like the 2011-12 season is really in jeopardy,” Stern said in an interview aired on ESPN. “It’s just a big charade. To do it now, the union is ratcheting up I guess to see if they can scare the NBA owners or something. That’s not happening.”

Hunter said players were not prepared to agree to Stern’s ultimatum to accept the current proposal or face a worse one, saying they thought it was “extremely unfair.” They’re aware what this battle might cost them.

“We understand the consequences of potentially missing the season; we understand the consequences that players could potentially face if things don’t go our way, but it’s a risk worth taking,” union vice-president Maurice Evans said. “It’s the right move to do.”

But it’s risky.

Hunter said all players will be represented in a class-action suit against the NBA by lawyers Jeffrey Kessler and David Boies — who were on opposite sides of the NFL labour dispute, Kessler working for the players, Boies for the league.

“Mr. Kessler got his way, and we’re about to go into the nuclear winter of the NBA,” Stern told ESPN. “If I were a player ... I would be wondering what it is that Billy Hunter just did.”

The league already has filed a pre-emptive lawsuit seeking to prove the lockout is legal and contends that without a union that collectively bargained them, the players’ guaranteed contracts could legally be voided.

During oral arguments on Nov. 2, the NBA asked U.S. District Judge Paul Gardephe to decide the legality of its lockout, but he was reluctant to wade into the league’s labour mess. Gardephe has yet to issue a ruling.

Two years of bargaining couldn’t produce a deal, with owners’ desires for more competitive balance clashing with players’ wishes to keep the salary cap system largely intact.

Stern, who is a lawyer, had urged players to take the deal on the table, saying it’s the best the NBA could offer and advised that decertification is not a winning strategy.

Players ignored that warning, choosing instead to dissolve the union, giving them a chance to win several billion dollars in triple damages in an antitrust lawsuit.

THE ASSOCIATED PRESS

‘Broken down’

Union executive director Billy Hunter said the bargaining process had “completely broken down.”

▶ Players made numerous economic concessions and were willing to meet the owners’ demands of a 50-50 split of basketball-related income, but only if the owners met them on their system wishes.

Quoted

“I think the common bond with a lot of these faces that I see on the walls, especially the recent ones that I have some history with, is a real genuine passion and a love for the game and high competitive spirit in all of us.”

JOE NIEUWENDYK, WHO WAS OFFICIALLY INDUCTED INTO THE HOCKEY HALL OF FAME ALONG WITH DOUG GILMOUR, ED BELFOUR, AND MARK HOWE IN TORONTO YESTERDAY.

Scan code for more sports.

Bombers go into playoff study mode

Sunday’s CFL East semifinal was exciting football but would you watch it four times?

You would if you’re Paul LaPolice, the head coach of the Winnipeg Blue Bombers.

He watched the Hamilton Tiger-Cats defeat the Montreal Alouettes 52-44 then he sat down and hit replay and watched it twice more. Then he got up early and watched it again.

“I think we’re doing everything in our power to be prepared,” he said yesterday, and he isn’t putting a lot of stock in those three regular-season wins the Bombers scored against the Ticats.

“His treatment’s been going fine, he seems fine, we’ll see how he is.”

WINNIPEG COACH PAUL LAPOLICE ON THE STATUS OF INJURED NO. 1 QB BUCK PIERCE. PIERCE HAS ALREADY SAID HE’LL BE READY TO GO IN THE PLAYOFFS.

The temperature isn’t the only thing that has changed a lot since Winnipeg first defeated Hamilton 24-16 on Canada Day.

“I was very impressed with the win by Hamilton, they did a tremendous job and for us, as a team, we know this is a team certainly we didn’t face.”

Despite the lineup changes that have helped put Hamilton in the division final, the Bombers know what they have to do, LaPolice added.

“Hamilton’s success this year has been on the big play,” he said. “They’ve got players who can make big plays and they’ve got a quarterback who can locate the football, so we have to make sure we minimize their big plays and be able to run the football ourselves and keep them off the field.”

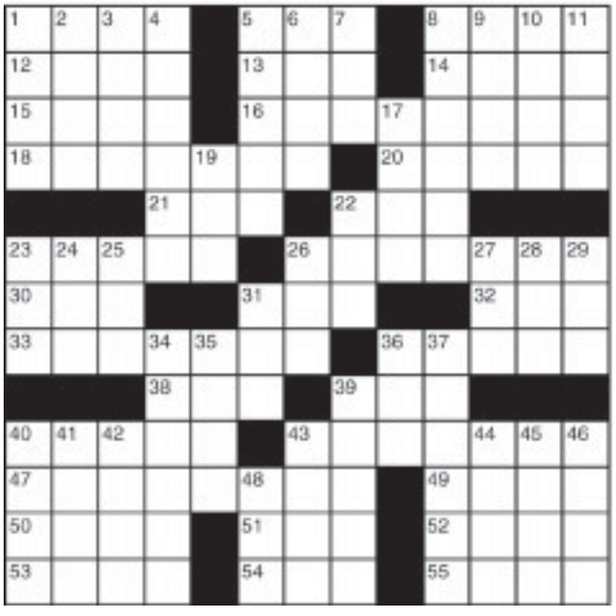
Ticats quarterback Kevin Glenn has struggled at times this season and has a bit of a reputation for blowing both hot and cold, but then Winnipeg’s quarterbacking situation also has had its ups and downs and it still isn’t certain who’ll be starting come Sunday.

The odds seem pretty good it will be regular Buck Pierce, the guy partly responsible for those three wins against the Ticats, as he comes off what was described officially as a knee sprain.

If, for some reason, it’s felt he isn’t ready, the job would fall to backup Alex Brink, who has numbers comparable to Pierce, but has yet to post a win as a starter. Otherwise, most of the Bomber starting squad looks ready to play.

THE CANADIAN PRESS

Crossword



Across

1 Dispatch a dragon
5 Pharm. watchdog org.
8 Spades or hearts
12 Former larva
13 Writer Fleming
14 Leading man?
15 CEO, e.g.
16 Poisonous metallic element
18 "— Overcome"
20 In a proper way
21 Attempt
22 Eggs
23 Intersection
26 Green onion
30 Tavern
31 Jewel
32 Rage
33 Not deep
36 Moisten poultry
38 Ump's call
39 Scoundrel
40 Butter substitutes
43 Braided bread
47 Thurgood of the Supreme Court
49 Tittle
50 Rim
51 Dove's call
52 Siblings' biz abbr.
53 Night light?
54 Optical organ
55 Ninth mo.

Down

1 Jet forth
2 Sumptuousness
3 Tarzan's pals
4 America's Cup contenders
5 In a proper way
6 Willy Wonka's creator
7 Literary collection
8 Female friend
9 Mine entrance
10 Manhandle
11 TV trophy
17 Volcanic outflow
19 They're between kues and esses
22 Resistance unit
23 Letterman's network
24 "Go team!"
25 Man-mouse link
26 Stitch
27 Fleur-de- —
28 Table scrap
29 Shirt shape
31 Understood
34 Untie
35 Thriving
36 Sheep's call
37 Extemporizes
39 Actress Sevigny
40 Portent
41 Stow cargo
42 As a result
43 Satiate
44 Traditional tales
45 On
46 Own, Biblically
48 Expert

▶ Yesterday's answer

Sudoku

1				8				5
	9				1	3	7	
	8		9	5				
	1					9		
6		7				5		2
		2					4	
				7	3		2	
	2	8	4				6	
3				6				1

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

4	1	7	6	9	3	8	2	5
5	8	6	2	4	1	9	3	7
3	2	9	7	5	8	4	6	1
1	9	5	4	3	2	6	7	8
8	6	3	5	7	9	2	1	4
2	7	4	8	1	6	3	5	9
7	3	1	9	6	4	5	8	2
6	4	8	1	2	5	7	9	3
9	5	2	3	8	7	1	4	6

Send a KISS

You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.

MUFFIN
Everytime I look in your eyes my soul comes alive, I feel I could touch the sky, You touch everypart of my heart ... I knew it from the start, I adore you from the top of your head right down to the tip of your toes, I have told the world So everbody knows I love and adore you My Muffin Man Love Pie
FROM PIE

Forever Prince Charming My sweet Darling, I miss everything about you! I feel happier and stronger when I see yr bright smile... Xmas party is around the corner, wish you'll be there! I can't wait to be with you... Just a kiss will make my dream come true...
FROM C. L. SNOW WHITE

A look at the weather

TODAY	WEDNESDAY	THURSDAY
Min -2°	Min -3°	Min -4°
Max -3°	Max -10°	Max -11°

Jenna Khan, Weather Specialist
BT BREAKFAST TELEVISION
"Weather impacts everything we do. Providing the information you need before you head out that door and take on the day is the best part of my morning." **WEEKDAYS 6 A.M.**

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 You will find it harder than usual to tell fact from fiction today, especially where relationships and other one-to-one contacts are concerned.

♉ Taurus April 21-May 21 Attitude is everything, especially on the work front.

♊ Gemini May 22-June 21 You would be wise not to make any big decisions or announcements today.

♋ Cancer June 22-July 22 You are in danger of making something appear bigger and more menacing than it really is.

♌ Leo July 23-Aug.23 Don't be too eager to make up your mind about something, because you do not have all the facts.

♍ Virgo Aug. 24- Sept. 22 You can usually be counted on to put logic before emotion, but today you will go right the other way and act on feelings alone.

♎ Libra Sept. 23-Oct. 23 Different people seem to be telling you conflicting things and you're at a loss to know who to trust. Trust no one.

♏ Scorpio Oct. 24-Nov. 22 You are reading too much into a situation that is really quite simple.

♐ Sagittarius Nov. 23-Dec. 21 If knowledge is power then it stands to reason that the more knowledge you keep to yourself the more powerful you will be.

♑ Capricorn Dec. 22-Jan. 20 Someone is saying nasty things about you.

♒ Aquarius Jan. 21-Feb. 18 You could easily convince yourself to believe that you can do or say anything without repercussion, but that is a very dangerous attitude to take.

♓ Pisces Feb. 19-March 20. You may think that supporting a certain cause makes the world a better place, but is that really true?

SALLY BROMPTON

Caption contest

ITSUO INOUYE/THE ASSOCIATED PRESS

FRANCOIS MORI/THE ASSOCIATED PRESS

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Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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The photos in picture are from previous editions of Photo Challenge.
The largest photo by Hazel Coonagh, Ireland, the Global Winner in 2009.

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For full contest rules and to enter the challenge visit metrophotochallenge.com

or download the app from the App Store or Android Market. Contest closes Nov. 20th, 2011.

Available on the App Store

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